

## KFC Coleslaw

8 1/8 cups cabbage  
1/3 cup carrot  
1 teaspoon onion chopped fine  
1/3 cup sugar  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/8 cup milk  
3/4 cup buttermilk  
2 tablespoons lemon juice  
1/2 cup mayonnaise

First core the cabbage and shred the cabbage fine using the fine disk for the shredder attachment to the mixer. Then shred the carrot. In a bowl combine with a whisk combine the buttermilk, mayonnaise, milk and lemon juice mix till well combined. Then add the seasoning. The last step is to add the sugar add the sugar to the sauce until well mixed in. Add the sauce to the cabbage and carrot mixture and mix well and allow the mixture to marinate for 13 hrs.

Do to the waste of chicken in the restaurants the Colonel created a recipe to help use the chicken that was unable to be sold. So he devised the potpie recipe. See chicken could only sit and be sold for 2 hrs after it is fried.

## KFC POT PIE

2 potatoes peeled and cooked  
2/3 cup frozen peas  
2 cans cream of chicken soup  
2 carrots peeled and cooked  
2 tablespoons frozen onion  
2 cups of cooked chicken  
dash of salt and pepper and Msg

In a bowl combine all cooked vegetables and chicken add the cream of chicken soup and seasoning. The mixture should be thick but not too thick if the mixture is too thick add some milk to the mixture. Scoop the mixture into individual pie pans. Use the biscuit recipe in this book to make the crust. Roll out the dough thin and place on top then brush with butter. Bake in a 375 F oven for 15 to 25 minutes or until it is heated through and the crust is golden brown.

Colonel Sanders loved rice and beans and decided to create a recipe that could be used together to create a great tasting item. You can mix it or have the beans on the bottom and rice on top and mix as u eat.

## KFC Beans and Rice

30 ounce can of Red beans  
1 teaspoon white pepper  
4 tablespoons butter  
1/4 teaspoon paprika  
dash of cayenne  
dash of garlic powder  
1 1/2 cups converted rice cooked

Pour beans with there liquid into a saucepan and cook over medium heat. Add the seasonings and butter. When the mixture begins to boil use a fork to mash 1/2 the beans. Cook for 10 to 20 minutes to until it looks like bean paste with big beans in it. Mix in rice.

A favorite of the Colonel was Corn on the cob and he deiced if he was going to sale it it had to be delicious and sweet .

## KFC Corn

Frozen corn

1/2 teaspoon salt  
1/2 teaspoon sugar  
1/4 teaspoon pepper  
1/4 teaspoon Msg

melted butter

Cook the corn in hot salted water with a dash of milk till nice and tender. When it is done dip the corn in butter and sprinkle with the seasoning.

The Macaroni Salad that Colonel Sanders used to use is listed below. The recipe is just the basic recipe. However it has been altered many times.

## KFC Macaroni Salad

1 lb Elbow s Macaroni  
1/4 cup Carrots, chopped fine  
1 tbsp Minced Onion  
1/4 cup Celery, chopped fine  
2 cups Food Service Cole slaw Dressing  
dash White Pepper  
1 teaspoon pickle relish

Cook macaroni noodles in a big pot of water for 12 to 15 minutes. Drain and place in a bowl with ice water and cool for 10 minutes. In a large bowl combine all of above. Refrigerate for 2 hrs.

A favorite among kids and kids at heart is the Colonel's Macaroni and cheese which was originally made fresh daily. Now it comes premade and is cooked in an oven like it originally was when it was made fresh.

#### KFC Macaroni and Cheese

2 cups elbow macaroni  
3/4 cup Velveeta cheese  
2/3 cup mild yellow cheddar cheese  
1/3 cup whole milk  
1/4 teaspoon salt

In a pot bring water to a boil with salt to taste, once the water comes to a boil add the macaroni and cook for 12 to 15 minutes. When the noodles are cooked drain but do not rinse. To make the cheese sauce in a pan over low heat combine the Velveeta cheese, shredded cheddar and the milk. Cook the cheeses till they are melted and then add the salt. Add the noodles and mix thru. Place in a casserole dish and bake for 10 to 15 minutes. You may want to broil the top to make a brown top.

Another favorite side dish is the Potato Salad which used to be produced fresh daily, however now due to the fact that it can be produced and prepackaged and stored frozen till shipped and then refrigerated AmeraServe which is the company that Tricon uses sells the potato salad that way.

#### KFC Potato Salad

2 pounds russet potatoes  
1 cup mayonnaise  
4 teaspoons sweet pickle relish  
4 teaspoons sugar  
2 teaspoons minced white onion  
2 teaspoons prepared mustard  
1 teaspoon vinegar  
1 teaspoon minced celery  
1 teaspoon diced pimentos  
1/2 teaspoon shredded carrot  
1/4 teaspoon dried parsley  
1/4 teaspoon pepper  
dash salt

Lightly peel the potatoes and cut into bite sized pieces. Place in a pot of salted water and boil the potatoes for 5 to 10 minutes till fork tender, depending upon the size you cut them. While the potatoes are cooking in a bowl make the dressing by mixing the mayonnaise, pickle relish, sugar, white onion,

mustard, vinegar, celery, pimento, carrot, parsley, pepper, and salt. When the potatoes are done and have cooled add the sauce and refrigerate for 2 hours. The best is if you allow this to sit overnight.

The Colonel's Baked Beans used to be baked and made fresh daily. Now there made with a can of Navy Beans made by Hanover and a bag of sauce and precooked frozen bacon. When it is needed it is just microwave and there you go.

#### KFC Baked Beans

30 ounce can Navy Beans, drained  
2 tablespoons water  
1/2 cup ketchup  
1/2 cup dark brown sugar  
2 tablespoons cider vinegar  
4 teaspoons minced fresh onion  
4 pieces bacon, cooked and then crumbled  
1/2 teaspoon dry mustard  
1/4 teaspoon salt  
dash pepper  
dash garlic powder

Drain the navy beans and place in a microwave safe dish. Add the precooked bacon. In a bowl combine all the other ingredients to make a sauce. Pour the sauce over the beans and mix well. Allow them to sit overnight in the refrigerator. When you are ready to serve them microwave them for 5 minutes then stir and microwave again for 7 minutes or till heated through.

A favorite has to be the buttermilk biscuits they are so light and fluffy they just melt in your mouth. They were made fresh daily in every store. Now due to the popular demand of these biscuits, they come frozen.

#### KFC Buttermilk Biscuits

1/2 cup butter  
1/4 cup club soda  
1 beaten egg  
3/4 cup buttermilk  
1 teaspoon salt  
5 cups Bisquick Biscuit Mix

Preheat the oven to 450°F. Combine all of the ingredients, knead the dough by hand until the dough holds together do not over knead. Flour your hands Pat the dough flat to 3/4-inch thickness out biscuits with a biscuit cutter. Bake on a greased baking sheet for 13 minutes, or until golden brown, when they come out of the oven brush with melted butter. Makes 18 Biscuits

The Colonel was in the kitchen one day and had an idea what to do with the potatoes that he had and he came up with the Potato Wedges. They used to be made fresh but due to the invention of the frozen fry they are sent to the stores frozen and ready to cook.

#### KFC Potato Wedges

shortening for Frying  
5 Baking potatoes cut into Wedges  
1 cup Milk  
1 egg  
1 cup flour  
2 tablespoons salt  
1 teaspoon pepper  
1/2 teaspoon MSG  
1/4 teaspoon Paprika  
dash of garlic powder

Preheat shortening in to 375°F. Cut the potatoes into 16 to 18 equal side wedges. Mix the egg and milk till well blended in a big bowl. Mix the dry ingredients into a large bowl. Put some potatoes in the milk and egg then into the flour mixture till well coated. Fry in fryer for 3 minutes remove from the oil and allow them to sit for one minute and then cook them again for 5 minutes or until cooked. It may take up to 6 minutes.

The Gravy used to be made fresh with the Cracklings. Now it comes in a pouch and all you have to do is add water. Thank god for modified starch products.

#### KFC Gravy

1 1/2 tablespoons shortening, melted  
3 tablespoons of Original Breading Flour  
2 tablespoons all purpose flour  
1 can Campbell's Condensed Chicken Stock  
1 can water

First we are going to make a roux with the melted shortening and 1 1/2 tablespoon of breading flour. Cook this over low heat for 10 to 15 minutes or until the roux browns in color to resemble a nice milk chocolate color. Once the mixture turns brown remove it from the heat and add the remaining flour and slowly add the liquid(s) to incorporate it so no lumps. Bring the mixture to a boil and boil for 2 minutes reduce the heat and allow the mixture to thicken which would take about 3 to 5 minutes.

\*That is just the flour that you use to bread the chicken with.



The mashed potatoes are served and made by mix. It comes in a bag just add water and butter. Many people just come to KFC to get these potatoes and gravy.

#### KFC Mashed Potatoes

2 1/2 cups Idaho Potato Flakes  
1 stick Margarine  
2 tablespoons Butter  
2 1/2 cups Hot Water  
3/4 cup Milk  
1 teaspoon salt

Heat water add butter and margarine till melted. Add the salt and cook for 2 minutes. Add the flakes and mix till it looks like regular potatoes. Add milk to proper consistency. Serve with gravy. Serves 6

Before you cook the chicken it has to be marinated. The original way that the Colonel used to produce his chicken was to marinate it. The following Marinade recipe is still used today at KFC for the Crispy Strips which are marinated daily in 40 to 80 lbs at a time, however the amount of this marinade is only good for about 15 lbs of chicken.

#### The Kentucky Fried Chicken Marinade

2 tablespoons Potassium  
2 tablespoons Kosher Salt  
4 tablespoons MSG  
1/8 teaspoon Garlic Powder  
1/3 cup Bottled Chicken Concentrate  
5 cups water

Mix all of the above and soak the chicken in the above marinade for 24 hours under refrigeration.

The Original Recipe is not packaged in three different places. The way it is cooked and the process makes it taste like it has eleven herbs and spices when in reality there is not. The way it is done in the restaurant is using dried eggs and milk in the flour along with a box of breading salt and the seasoning bag and a bag of breading flour.

#### KFC ORIGINAL RECIPE

2 fryer chickens cut up into 8 pieces and marinated  
6 cups Crisco Shortening  
1 eggs well beaten  
2 cups Milk  
2 cups Flour

2 teaspoons ground pepper  
3 tablespoons salt  
1 teaspoon MSG  
1/8 teaspoon Garlic Powder  
1 dash paprika

Place shortening into the pressure cooker and heat over medium heat to the shortening reaches 400°F. In a small bowl, combine the egg and milk. In a separate bowl, combine the remaining six dry ingredients. Dip each piece of chicken into the milk until fully moistened. Roll the moistened chicken in the flour mixture until well coated. In groups of four or five, drop the covered chicken pieces into the shortening and lock the lid. When pressure builds up cook for 10 minutes.

#### RELEASE TO MANUFACTURER'S INSTRUCTIONS

After he perfected his original he made a crispy recipe that was marinated first then fried the conventional way. This one is double dunked into the coating to give it its great taste.

#### KFC EXTRA CRISPY

1 whole frying chicken, cut up and marinated

6-8 cups shortening for cooking

1 egg, beaten  
1 cup milk  
2 cups all-purpose flour  
2 1/2 teaspoons salt  
3/4 teaspoon pepper  
3/4 teaspoon MSG  
1/8 teaspoon Paprika  
1/8 teaspoon Garlic Powder  
1/8 teaspoon Baking Powder

Trim any excess skin and fat from the chicken pieces. Preheat the shortening in a deep-fryer to 350 degrees. Combine the beaten egg and milk in a medium bowl. In another medium bowl, combine the remaining coating ingredients (flour, salt, pepper and MSG). When the chicken has marinated, transfer each piece to paper towels so that excess liquid can drain off. Working with one piece at a time, first dip in egg and milk then coat the chicken with the dry flour mixture, then the egg and milk mixture again, and then back into the flour. Be sure that each piece is coated very generously. Stack the chicken on a plate or cookie sheet until each piece has been coated. Drop the chicken, one piece at a time into the hot shortening. Fry half of the chicken at a time (4 pieces) for 12-15 minutes, or until it is golden brown. You should be sure to stir the chicken around halfway through the cooking time so that each piece cooks evenly. Remove the chicken to a rack or towels to drain for about 5 minutes before eating.

Once he perfected his Extra Crispy he had customers who wanted it to be spicy and bold so he created

his Hot and Spicy Chicken. Here is his original recipe which has changed a bit in this day and age. It comes frozen and is cooked frozen and not prepared fresh in many stores.

### Hot and Spicy Chicken

1 whole frying chicken, cut up and Marinated  
6-8 cups shortening

1 egg, beaten  
1 cup milk  
2 cups all-purpose flour  
2 1/2 teaspoons salt  
3/4 teaspoon pepper  
1 teaspoon white pepper  
3/4 teaspoon Cayenne Pepper  
3/4 teaspoon MSG  
1/8 teaspoon Garlic Powder  
1/8 teaspoon Baking Powder

Trim any excess skin and fat from the chicken pieces. Preheat the shortening in a deep-fryer to 350 degrees. Combine the beaten egg and milk in a medium bowl. In another medium bowl, combine the remaining coating ingredients. When the chicken has marinated, transfer each piece to paper towels so that excess liquid can drain off. Working with one piece at a time, dip in egg and milk then coat the chicken with the dry flour mixture, coated very generously. Stack the chicken on a plate or cookie sheet until each piece has been coated. Drop the chicken, one piece at a time into the hot shortening. Fry half of the chicken at a time (4 pieces) for 12-15 minutes, or until it is golden brown. You should be sure to stir the chicken around halfway through the cooking time so that each piece cooks evenly. Remove the chicken to a rack or towels to drain for about 5 minutes before eating.

The Colonel used to sale chicken nuggets that were tasty but he taught why not prepare fresh chicken strips of all white meat and that is how the Colonel's Crispy Strips were born. You will notice it is the same as the Extra Crispy.

### KFC Crispy Strips

1 egg, beaten  
1 cup milk  
2 cups all-purpose flour  
2 1/2 teaspoons salt  
3/4 teaspoon pepper  
3/4 teaspoon MSG  
1/8 teaspoon Paprika  
1/8 teaspoon Garlic Powder  
1/8 teaspoon Baking Powder



Cut 6 chicken Breasts into strips, or you can buy chicken tenders in the store. Marinate them overnight. Preheat the shortening in a deep-fryer to 350 degrees. Beat 1 egg and 1 cup of milk. Dip the chicken into the egg mixture. Dip the chicken into the coating and then double dip. Fry in fryer a few at a time till they are golden brown about 5 minutes or until they float. Remove the chicken to a rack and allow to drain for 5 minutes

The Colonel has decided to make Hot and Spicy Strips that ran for short times the difference is the second dip it is dipped into hot sauce then breaded again and then fried just like the original crispy strips. For the barbecue strips make the strips the original way and then dip into the Honey Barbecue Dipping Sauce.

The Colonel decided that wings were going to be a good thing to serve and so he decided to create fried wings that are very tasty. The Honey Barbecue wings are tasty. After they are made they are dipped into the Honey Barbecue Dipping Sauce. If you don't want the honey barbecue wings just serve them as the regular wings.

#### KFC Wings

6-8 cups shortening  
20 chicken wing pieces  
1 egg, beaten  
1 cup milk  
2 cups all-purpose flour  
2 1/2 teaspoons salt  
3/4 teaspoon pepper  
3/4 teaspoon MSG  
1/8 teaspoon Paprika  
1/8 teaspoon Garlic Powder

If you are using frozen wings allow them to defrost and marinate. If you are using fresh wings you are going to want to take the wing and remove the flipper and then break them into two pieces and then marinate them. Combine the beaten egg with the milk in a small bowl. In another small bowl, combine the flour, salt, pepper, garlic powder, paprika and MSG. When shortening is hot, dip each wing first in the flour mixture, then into the milk and egg mixture, and back into the flour. Bread all the wings then refrigerate them until ready to use. When they are ready to be used fry them 6 at a time for 12 minutes. Remove from the shortening and allow them to drain for 3 minutes. For the barbecue ones dip in the barbecue sauce and serve.

The Colonel also had a Roasted chicken that was mighty tasty. The chicken was marinated also and then baked with his famous seasonings. The baking process was long it takes 4 hours to bake it. It is baked at 225 for 2 hours till the internal temp was at 175. But for you at home I have updated this to be baked at a higher temperature and be prepared in less time.

#### Tender Roast

#### Spice Mix

1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon lemon pepper  
1/4 teaspoon thyme  
1/4 teaspoon paprika  
1/8 teaspoon garlic powder  
1/8 teaspoon MSG

Trim the excess fat from the chicken. Marinate the chicken in the mixture for 3 to 4 hrs or overnight. Remove the chicken from the marinade and allow to dry. Sprinkle the chicken lightly with seasoning. Place on baking pan and bake at 325F for 1 to 1 1/2 hrs till chicken is done. Allow to sit for 1 to 2 minutes then serve

One of the favorite items that is on the menu is the Barbecue sauce that was original made fresh in the store and used to dip the wings, the original chicken and now the chicken strips. Now it comes in a bag and all we have to do is add hot water and keep warm.

#### KFC Honey BBQ Dipping Sauce

1 1/2 cups ketchup  
1/3 cup white vinegar  
1/8 cup molasses  
1/8 cup corn syrup  
1/4 cup honey  
1 teaspoon liquid smoke flavoring  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
1/8 teaspoon onion powder  
1 teaspoon MSG  
1/4 teaspoon of chili powder

In a sauce pan combine all of the above and bring to a simmer. Simmer for 5 minutes and keep warm. When you are ready to eat the chicken dip in and allow the chicken to drain for 1 minute.